



**LEADERS CAN
LEAD EFFORTS
TO REDUCE PT
INJURIES:
PAGE 6**

Pvt. Tony Williams trains often to keep in shape.

Fort Sam Houston Education Center helps Soldiers find success in the Army and in life

Story and photo by L.A. Shively
Fort Sam Houston Public Affairs

A Texas native, Spc. Clifton Napier was only following family tradition when he enlisted in the Army. His dad, Command Sgt. Maj. Antonio Johnson retired from Fort Sam Houston after serving for 23 years as a Combat Medic. Although he did not follow his dad into the medical field, Napier was satisfied working in the mechanics field for several years. Happy with his lifestyle, he married and looked forward to starting a family. Then something in his life changed.

"I came into the military with a GT (General Technical) score of 96 and never had a problem with it," Napier said. "But when my son was born my priorities shifted." Napier explained he became dissatisfied and a little restless. He felt he was a natural leader and began looking for more opportunities and a chance to move ahead with his career in the Army. But first he needed to raise his GT score.

Prior to enlisting in the military, all potential candidates must take the Armed Services Vocational Aptitude Battery or ASVAB test to qualify for service. The Army converts ASVAB scores into 10 different scoring areas in order to determine job



Marva Woods, left, an instructor for the FHS Education Center, gives Spc. Clifton Napier more tips on test taking to improve his scores for his college entrance exam. Clifton was selected for the Army's Green to Gold program after successfully raising his General Technical score and plans to study either logistics or medicine.

eligibly. The GT combines a candidate's word knowledge, arithmetic reasoning and paragraph comprehension. Napier's first stop was the FSH Army

Educational Center where he discussed his options with Guidance Counselor Christine Mendez.

"The GT score affects promotion eligibility," Mendez said. "Although many come in with a lower score, 110 is the cutoff for most opportunities – a higher score opens up a new world for Soldiers."

"One of the principles of leadership is to know your weaknesses and to take action to improve them," said Ledell Bowman, education services officer.

"We have an excellent program to help Soldiers, known as Functional Academic Skills Training. The FAST program is for those Soldiers needing to improve their GT scores to 110 or above, and develop their reading and math skills."

Mendez explained the program is designed to help raise a Soldier's reading, language, and mathematics skills, and is recommended for Non-Commissioned Officer course attendance, college preparation and placement tests, taking the Armed Forces Classification Test or high-school equivalency test.

She said FAST has a flexible curriculum that can be structured around an

See **GT SCORES P13**

Afghan teen thanks U.S. Soldiers at Fort Sam Houston

Story and photo by Maria Gallegos
Brooke Army Medical Center Public Affairs

An Afghanistan teen showed her appreciation for American Soldiers and the work they are doing in her country, by personally thanking Maj. John Meyer, executive officer and Master Sgt. Antwan Nicholson, non-commissioned officer-in-charge, both assigned to the Warrior Transition Battalion at the Warrior Family Support Center, June 4.

Identified as Maryam in order to protect her identity, the 16-year-old always wanted to show her gratitude. "I wanted to speak to them when they were passing through our streets, but because I did not speak the language, it was difficult for me to express my feelings to them," said Maryam.

Beyond language, stringent barriers exist against women and girls moving about the city and interacting with

See **AFGHAN TEEN P7**



Maj. John Meyer, executive officer and Master Sgt. Antwan Nicholson, non-commissioned officer-in-charge, assigned to Warrior in Transition Battalion converse with Maryam at the Warrior and Family Support Center.



Editorial Staff
 Army Medical Department Center and School and Fort Sam Houston
 Commander
Maj. Gen. Russell Czerw
 Garrison Commander
Col. Mary Garr
 Public Affairs Officer
Phillip Reidinger
 Editor/Writer
L. A. Shively
 Staff Writer
Lori Newman
 Layout Artist
Joe Funtanilla

News Leader office:
 1212 Stanley Road
 Building 124, Suite 4
 Fort Sam Houston, Texas
 78234-5004, 210-221-0546,
 DSN 471-0546
 Fax: 210-221-1198

News Leader Advertisements:
 Prime Time
 Military Newspapers
 2203 S. Hackberry
 San Antonio, Texas 78210
 Phone: 210-534-8848
 Fax: 210-534-7134

News Leader e-mail:
 news.leader@conus.army.mil

News Leader online:
 www.samhouston.army.mil/
 publicaffairs

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Building 124, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Director of Public Affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 2203 S. Hackberry, San Antonio, Texas 78210; 210-534-8848, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army. Stories and photos for publication consideration may be e-mailed to news.leader@conus.army.mil by close of business Friday.

Off-limits areas, establishments

Pursuant to Army Regulation 190-24, OPNAVINST 1620.2A, AFI 31-213, MCO 1620.2C, and COMDTINST 1620.1D, Armed Forces Disciplinary Control Boards and Off-Installation Liaison and Operations, the following establishments located in San Antonio, Texas and surrounding South Texas area are off-limits to all armed forces personnel. These establishments

Establishment/Area	Address	Effective date
Cracker Box Palace *Planet K	622 W. Hildebrand 5619 Evers 1015 E. Mulberry Ave. 2803 Goliad Road 2138 Austin Highway	Sept. 1, 1997 Sept. 29, 1999 Sept. 29, 1999 Sept. 29, 1999 Sept. 29, 1999
Voodoo Tattoo Parlor Texas Players Club	202 Aransas Ave. 8235 Vicar 14543 Roadrunner Way	Dec. 20, 2006 Jan. 20, 2007 Dec. 20, 2007
Boys Town Widows Web Bar and Night Club The Up and Down Club	Acuna, Mexico Acuna, Mexico Acuna, Mexico	Jan. 24, 2007 Jan. 24, 2007 Jan. 24, 2007

*Also, all locations in Bexar, Atascosa, Wilson, Guadalupe, Comal, Kendall, Medina and Bandera counties.

have been placed off-limits by the San Antonio Armed Forces Disciplinary Control Board to help maintain the health, morale, and welfare of

armed forces personnel. Personnel entering off-limits establishments may be subject to disciplinary action per applicable service regulations and the Uniform Code of Military Justice. Provide widest dissemination. This memorandum supersedes previous memorandums, same subject, dated Sept. 22, 2008.
 Col. Mary E. Garr
 Commander
 U.S. Army Garrison

Budge Dental Clinic moving to temporary location

Budge Dental Clinic on Fort Sam Houston will begin construction for its renovation soon and treatment will be moved to a temporary trailer through January 2011. The initial transition schedule is as follows. The current Budge Dental Clinic will see morning appointments and sick-call on July 9 and sick-call in the morning of July 10 which will be the last patients seen in that facility. Treatment will resume at the temporary trailer for sick-call on July 14, and full appointments and sick-call on July 15. If you need dental sick-call on July 13 you can seek treatment at Rhoades Dental Clinic located on the corner of Schofield and Stanley across the street from the track. The temporary trailer is located south on Gardner road from the current Budge Dental Clinic, take

a right on Taylor Road and the trailer will be 100 meters on the right. All Soldiers currently using Budge Dental Clinic as their treatment facility

will be effected by this change, including all Brooke Army Medical Center Units. For more information, call 295-4156.

Thought of the Week

The person who believes in nothing but himself lives in a very small world. ~ Author unknown
 (Source: Bits & Pieces, June 2009)

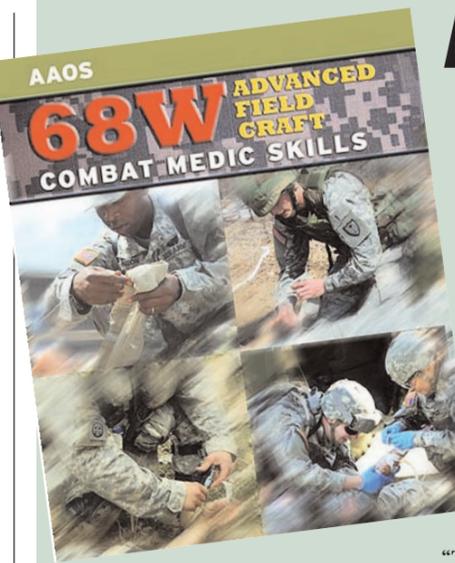
		June 25	June 26	June 27	June 28	June 29	June 30
San Antonio		101° Partly Cloudy	99° Clear	97° Clear	97° Clear	97° Clear	97° Partly Cloudy
Kabul Afghanistan		89° Clear	89° Clear	91° Clear	89° Clear	87° Clear	82° Clear
Baghdad Iraq		109° Clear	109° Clear	113° Clear	116° Clear	116° Clear	105° Clear

(Source: Weather Underground at www.wunderground.com)

News Briefs

4th of July Salute to the Union

A display of the 50 state flags will grace the main post flagpole as Fort Sam Houston salutes the 233rd anniversary of the Declaration of Independence July 4 at 11:30 a.m. at the main post flagpole on Stanley Road. The traditional ceremony will feature a cannon salute to the Union fired in succession for each of the 50 states. Members of the "Sons of the American Revolution" dressed in period uniforms will ring a bell 13 times to commemorate the original 13 colonies. The U.S. Army Medical Command Band will perform patriotic music before and after the ceremony. The public is invited to enter Fort Sam Houston from the Walters exit off of Interstate Highway 35 or at the Harry Wurzbach Road entrance.



25th Annual Independence Day Patriotic Ceremony

The 25th Annual Independence Day Patriotic Ceremony sponsored by the Granaderos & Damas de Gálvez will be held July 4 from 10 to 11 a.m. at the Fort Sam Houston National Cemetery, 1520 Harry Wurzbach Road. For more information, call 364-2391 by June 25.

Commissary hours

The Fort Sam Houston Commissary will be open on July 4 from 9 a.m. to 5 p.m. There will be no early bird shopping hours. For more information, call 221-4678.

ACS Computer Lab closure

The Army Community Service Computer Lab will be closed July 3 and 4. It will open again July 5 from 12-8 p.m. For more information, call 221-2517.

Cookie Dough contamination

The U.S. Food and Drug Administration and the Centers for Disease Control and Prevention are warning consumers not to eat any varieties of prepackaged Nestle Toll House refrigerated cookie dough due to the risk of contamination with E. coli O157:H7. The FDA advises consumers to throw the cookie dough away.

AMEDD's new Combat Medic training manual named "Hot Product"

to Alisha Weisman, Jones and Bartlett Publishers, textbook publisher. "Hot Products" are granted distinction and selected for being innovative, functional, potentially life-saving, and offering remarkable improvements to patient care and provider performance she said.

"This book ultimately contributes to saving lives on the battlefield. The authors worked in the field and understand the imperatives that exist in insecure situations," said Editor-in-Chief Casey Bond. "Their dedication is visibly manifest in (an approximately) 92 percent save rate in current conflicts."

"This book covers those items that the medic must know to provide care that will make a

difference on the battlefield, in disasters, and in austere environments. The goal of the medic is to bring back a patient and not a victim. This book assists in that endeavor," said Lt. Col. Paul Mayer, director of Combat Medic Training.

The Army Combat Medic today is highly trained and technically advanced requiring a sophisticated teaching and learning system. Known by their military occupational specialty Sixty-eight Whiskey or 68W, their primary role is to provide medical treatment to wounded Soldiers.

Crucial to Army combat functionality, every squad is required to have a "Whiskey" in attendance during hazardous missions. Whiskeys initiate medical treatment on location, maintain medical treatment

during evacuation, and provide treatment in medical facilities.

Prior to this reference book, 68W students were handed a stack of Xeroxes containing only outlines of lecture material that lacked anatomy and physiology illustrations, and had few explanations of treatment modalities.

Developed by the Department of Combat Medic Training instructors, the book includes drills, vocabulary, field medicine tips, and interactive case studies giving 68W students solid academic reference material.

The "68W Advanced Field Craft: Combat Medic Skills" textbook is the first of this type of publication combining complete medical content with features to support instructors and students said Weisman.

Army Birthday Ball



The U.S. Army South Color Guard, wearing uniforms from different periods, presents the colors at the beginning of the Army Birthday Ball at the Marriott Rivercenter Hotel in downtown San Antonio June 11.



Photo by Gregory Rippes
 Brig. Gen. Manuel Ortiz (second from left), U.S. Army South deputy commander, and Spc. Terry Blevens, 470th Military Intelligence Brigade, cut the cake for the Army Birthday Ball at the Marriott Rivercenter Hotel June 11 while U.S. Army South Commander Maj. Gen. Keith M. Huber (far left) and U.S. Army South Command Sgt. Maj. Armando Ramirez look on. U.S. Army South and the 470th MI Brigade jointly sponsored this celebration of the Army's 234th birthday.

CHANGES OF COMMAND



June 30 - 187th Medical Battalion

Lt. Col. Thomas Bundt will assume command of the 187th Medical Battalion from Lt. Col. Michael Hershman at a change of command ceremony June 30, 9 a.m., MacArthur Parade Field.

July 23 - 314 Military Intelligence, Lackland Air Force Base

The 314 Military Intelligence Battalion change of command ceremony is scheduled for July 23, 7:30 a.m., Lackland Air Force Base.

CHANGE OF RESPONSIBILITY

July 2 - United States Army Garrison

Command Sgt. Maj. Raymond Houston will assume responsibilities of the U.S. Army Garrison from Command Sgt. Maj. Pedro Class at a change of responsibility ceremony July 2, 9:00 a.m. at the post flagpole.

BAMC doctors give needed care to Honduran mothers during MEDRETE

By L.A. Shively
Fort Sam Houston Public Affairs

Staff doctors and residents of the U.S. Army and Air Force treated long lines of women in rural Honduras, May 16-30, as part of a medical readiness training exercise or MEDRETE, an important part of the military's Humanitarian and Civic Assistance Program in South and Central America.

MEDRETEs bring medical care to needy populations, while also providing valuable deployment training to medical units under the supervision of U.S. Southern Command. A typical exercise might include medical, as well as dental and sometimes veterinary care.

Working out of Hospital Escuela in Tegucigalpa, Army Lt. Col. (Dr.) Scott Kambiss and his team treated women with childbirth injuries and pelvic organ prolapse. Kambiss felt their work had a tremendously positive impact in the area.

"There are so many young women with terrible lesions that are such an easy fix," said Kambiss, chief of Urogynecology and Female Pelvic Reconstructive Surgery at the Brooke Army Medical Center at Fort Sam Houston.

"Their husbands leave them because they no longer look right – they think (their wives) are no longer normal," he explained, adding that the situation stresses the families and communities there, since mothers then have to care for their children alone.

The BAMC team included two staff doctors, Kambiss and Air Force Maj. (Dr.) Yashika Dooley,



Courtesy photo

Lt. Col. (Dr.) Scott Kambiss, and Air Force Capt. (Dr.) Darren Pittard demonstrate a urogynecologic procedure to a Honduran student physician in an operating room in Tegucigalpa Honduras.

and two residents, Army Capt. (Dr.) Hector Gonzalez and Air Force Capt. (Dr.) Darren Pittard.

Working out of tandem operating rooms, the team screened approximately 100 women and treated nearly 70 women ranging from young mothers to older grandmothers during the nine days in country. Another 737 women are still on a waiting list for future treatment.

"It was really fulfilling as a physician to work with people who appreciate just having a doctor look at them, letting them know they're OK," Dooley said. "It was great."

These exercises also provide new and unique training environments in remote areas to military physicians.

"Our residents don't get that kind of experience unless there

"There are so many young women with terrible lesions that are such an easy fix."

~ Lt. Col. (Dr.) Scott Kambiss

the types of conditions the team treated in Honduras are not often seen here.

The team also trained local physicians in procedures and techniques. "We trained our people and we trained their people," said Kambiss. He is looking forward to returning next year to help the women still needing care.



Courtesy photo

Honduran staff and translators assist with clinic pre-operative evaluation of over 100 patients seen in a single day, awaiting surgery in Tegucigalpa Honduras.



Col. Justin Woodhouse (right), outgoing commander, 5th Medical Recruiting Battalion, passes the colors to Col. Rafael Montagno, commander, Medical Recruiting Brigade, who then will pass them to incoming commander Lt. Col. R.G. Dickinson (left) during a change of command ceremony June 18 at the Army Medical Department Museum.

Story and photo by
Lori Newman
Fort Sam Houston Public Affairs
Office

The 5th Medical Recruiting Battalion welcomed Lt. Col. R.G. Dickinson June 18, during a change of command ceremony held at the Army Medical Department Museum.

"The 5th MRB is responsible for recruiting medical professionals in the southwest region of the U.S. which includes 10 states – about 800,000 square miles, 1,625 hospitals, 27 medical schools, 10 dental schools, five veterinary schools, 284 nursing schools and 696 graduate programs," said

Titans welcome new commander

Col. Rafael Montagno, commander, Medical Recruiting Brigade, during his introductory remarks.

Col. Justin Woodhouse, outgoing commander, addressed the crowd saying, "The Soldiers of the 5th Medical Recruiting Battalion made me successful enough to be promoted to colonel. Their success turned into my success. Over the last two years I have learned what it is to be a leader. Thank you to all the Soldiers of 5th Medical Recruiting Battalion."

"Col. Woodhouse, thank you sir, for bringing the 5th MRB back to its shining luster," said Dickinson, incoming commander.

"Let's get out, rise up, and hammer down – Army strong."
~ Lt. Col. R.G. Dickinson

"You provided effective leadership and much, much more. All of us in the Army owe you a debt of gratitude. Soldiers and civilians of the 5th MRB, I look forward to visiting each of you as I am get-

ting to know the business of recruiting. Let's get out, rise up, and hammer down – Army strong."

Dickinson's last assignment was G1/assistant chief of staff of Human Resources, Europe Regional Medical Command, Heidelberg, Germany.

Woodhouse's next assignment will be chief, Medical-Surgical Nursing Section, Brooke Army Medical Center.

Leaders can lead effort to reduce PT injuries

By Capt. Vancil McNulty
U.S. Army Center for Health
Promotion and Preventive
Medicine

Injuries from physical training are among the greatest health threats to our Soldiers and prevention must be a priority for every Army leader. The value of leadership, responsibility and accountability cannot be overemphasized. With accountability, the rate of progress is likely to improve.

The success of a unit's PT program has, for many years, been the average score. Since a significant number of military injuries occur in association with PT, unit injury rates provide

another important measure of success or failure.

Leaders should focus on a composite assessment of pass rates and injury rates, as an effectiveness indicator, and modify their program as needed to reduce injuries, thereby improving readiness.

The custom of achieving the highest unit average fitness test score usually causes leaders to push the least fit trainees to overreach their capability. This has two potentially detrimental effects: a greater risk of injury and diminished physical performance, two cardinal signs of overtraining.

Focusing only on test scores also may cause

some leaders to dismiss certain unit members as injured and therefore not take them into account when assessing their unit fitness status.

For example, results look better if the score does not include the "zero" for trainees who cannot take the fitness test due to an injury. A composite score more accurately reflects true unit physical readiness by including the effects of injury. The Joint Services Physical Training Injury Prevention Work Group recommends any injury prevention program must have four essential elements:

- Education of service members, especially leaders;

- Leadership enforcement of unit injury prevention;
- Unit injury surveillance reports; and
- Greater investment of resources in injury prevention research.

The work group recommends military and civilian leadership enforcement of injury prevention policies and programs at all levels. Effective command emphasis on injury prevention includes accountability and must be consistent, lasting, and supported by evidence-based strategies and common sense to reduce exposure to injury risk during combat, field training exercises, and especially PT.

SUMMER SAFETY TIP

Heat stroke and heat exhaustion are serious hot-weather emergencies. According to the Center for Disease Control, warning signs include high body temperature, red skin with no sweating, rapid pulse, headache, nausea or confusion. If you see these signs, call for medical assistance and cool the victim by moving him or her into the shade. Bathe the victim with cold water. Heat exhaustion, though less severe, can lead to heat stroke. Warning signs include heavy sweating, paleness, muscle cramps, weakness, headache, nausea or fainting. Help the victim cool down and seek medical attention if symptoms become worse.



AFGHAN TEEN from P1 men outside their immediate families in Afghanistan under the Taliban. According to the U.S. State Department, the Taliban forced nearly all women to quit their jobs, restricted access to medical care and brutally enforced a restrictive dress code. Schools were closed and acts of violence against women, including rape, abduction, and forced marriage rose. For their safety, some families resorted to sending their daughters to Pakistan or Iran.

Prior to the rise of the Taliban, women had the right to vote. As early as the 1960s, the Afghan constitution provided equality for women. In 1977, women comprised over 15 percent of

Afghanistan's highest legislative body. The State Department estimates that by the early 1990s, women comprised 70 percent of the country's schoolteachers, 50 percent of its government workers and university students, and 40 percent of its doctors in the capitol of Kabul.

Maryam met with Meyer, who served in Afghanistan from 2003 to 2004 and Nicholson who served in 2007. Through a series of questions and answers, Meyer and Nicholson explained their jobs during deployment and the reasons U.S. Soldiers are in her country.

"Thank you for your service and sacrifices you made for our country. I will never forget this," exclaimed Maryam. She

said she felt relieved and content knowing that the American Soldiers were there to protect her family from the Taliban and train Afghan Soldiers.

"This is a great experience, I wish I had brought more Soldiers with me that were deployed in Afghanistan to meet you and talk with you," said Nicholson.

The opportunity to communicate directly with American Soldiers came to fruition when Maryam's father sent her to the U.S., as part of the Youth Exchange and Study program.

"Having an Afghan student in this program meet with U.S. Soldiers has never been done before. Maryam's deep concerns made this possible," said Deborah

Sander, area coordinator with the American Councils whose organization administers the YES program.

Created in response to the events of Sept. 11, 2001; the YES program advances understanding between the U.S. and countries with significant Muslim populations according to the American Councils Web site. High school students from more than 35 countries and territories are awarded merit-based scholarships, funded by the Bureau of Educational and Cultural Affairs, to live in the U.S. for one year, staying with a host family and attending high school. The program has brought more than 170 Afghan high school students to the U.S.

After successfully completing several rounds of testing as part of the application process, Maryam, one of nine siblings in her family, was invited to participate and travel to Texas where she was welcomed by her host family. She attended TMI-The Episcopal School of Texas in San Antonio as a junior.

"This is my first time as a host mom," said Roxana Newson. She was a guest and now she is part of our family. We have three children of our own and Maryam is the peacemaker. I truly will miss her when she goes back."

"We are delighted to have Maryam in this program. Her family sacrifices every day to give Maryam the education

and positive influences the program offers," said Sander.

"My father does not sleep at night because he patrols our home in Afghanistan to protect the family from any danger. He is very liberal and believes education is important," explained Maryam.

"It's amazing how much they blossom with all other nationalities, laughing and chatting down the halls," said Cindy Schneid, director of public relations and financial aid at TMI.

Maryam returned to Afghanistan shortly after her visit with the Soldiers. She said she hopes to come back to study journalism at a university in the future.

Take me out to the ball game



Photo by Esther Garcia

Col. Randall Anderson, commander, 32nd Medical Brigade, is in good form as he throws the first pitch during military appreciation night with the San Antonio Missions baseball team June 14 at Nelson Wolff Stadium. Anderson also had the opportunity to thank the members of the San Antonio Missions for their support of the military in San Antonio.



Photo by Valentine Pumphrey

Sgt. 1st Class Timothy O'Camb, Sgt. 1st Class James Wilson, Staff Sgt. Matthew Frederiksen, and Staff Sgt. Timothy Jensen, Army Medical Department Center and School Color Guard, present the colors prior to the game. The San Antonio Missions host five military appreciation nights during the year. The next military appreciation nights are Aug. 5 and 26.

Sports

5 K Fun Run Walk

The Jimmy Brought Fitness Center will hold a 5K Fun Run Walk June 27, 9 a.m. Registration forms available on the day of the event. This is free and open to the community. Event T-shirts \$10. Call 221-1234.

Fort Sam Houston Triathlon #3

Fort Sam Houston Sports and Fitness Branch will host a Triathlon, July 5 at the Jimmy Brought Fitness Center, beginning at 6:45 a.m.

Interested participants may register now at the Jimmy Brought Fitness Center. This event is open to military and the local community. For more information call 221-1234.

ActionAirgun Competition

The Jimmy Brought Fitness Center hosts an ActionAirgun com-

petition every Wed. from 4:30-6:30 p.m. ActionAirgun is a competitive, target-shooting sport where participants knock down the correct targets in the fastest time. Call 221-1234.

Intramural Spring Softball

Standings – June 18

TEAM	W	L
1st ARSOUTH	9	1
1st BAMC Pharmacy	7	2
3rd Navy Reserve Ctr	4	2
4th 264th Med Bn	7	3
5th WTB	5	4
6th SA Recruiting Bn	5	4
7th ARNORTH	3	3
8th MEPS	3	4
9th Silver Sluggers	2	7
10th BAMC	2	7

Intramural Spring Flag Football

Standings

Final Standings – June 1

TEAM	W	L
------	---	---

1st	418th Med Log	3	0
2nd	WTB	1	2
3rd	SA Recruiting	1	2
4th	BAMC Pharmacy	1	2

Intramural Golf Standings

Final Standings – June 12

HOGAN DIVISION	POINTS
1st BAMC RAD	200
2nd ARSOUTH	192.5
3rd HCAA	192
4th ARNORTH #1	187
5th USAISR	182.5
6th AMEDDC&S A Team	183
7th MEDCOM #2	164
8th 470th MI	160
9th DCMT	146.5

DALEY DIVISION

1st GPRMC	233
2nd USAG	232
3rd MEDCOM #3	228.5
4th DCDD	214
5th MEDCOM #1	196.5
6th ARNORTH #2	184
7th ARNORTH #4	135

Playoffs held June 12 between BAMC RAD vs. GPRMC for 1st and 2nd Place overall and ARSOUTH vs. Garrison for 3rd and 4th place overall.

Dentists question tooth decay-preventive benefits of bottled water

By Col Joseph A. Bartoloni
59th Dental Training
Squadron

Today, many consumers are drinking bottled water instead of fluoridated tap water from their homes. This may be due to concerns about water quality, taste, convenience, or as an alternative to soft drinks. A recent study showed that Americans consume more than five billion gallons of bottled water per year, more than double from a decade earlier. Most experts agree that bottled water will become the second most popular

beverage after soft drinks in this country.

Water consumption is essential to human health. The human body is composed mostly of water, and requires water to keep all systems functioning properly. It is essential to drink enough water to replace whatever is lost through bodily functions. Health experts recommend consuming eight cups of water per day. This amount may vary based on body size, physical activity, and exposure to hot weather.

As more individuals transition from tap

water to bottled water, it is possible that these individuals may be forfeiting the tooth decay-preventive benefits of fluoride found in most community drinking systems in the U.S. Multiple studies have shown that fluoridated tap water reduces the risk of dental cavities. Research has shown that most bottled water products contain less than optimal fluoride concentrations found in community tap water. Some bottled water contains no fluoride.

How do you know whether you or your family members are

receiving the right amount of fluoride protection from bottled water? Check the label for fluoride content. The U.S. Food and Drug Administration does not require bottled water manufacturers to indicate fluoride levels, unless fluoride is added during the processing. If fluoride is added, the label should read "fluoridated," or "fluoride added," or "with added fluoride." Contact the company directly if the fluoride content is not shown on the label. To aid in minimizing the detrimental effects of tooth decay, water

should contain between 0.7 and 1.2 parts per million or milligrams per liter of fluoride.

Inform your dentist if bottled water is your main source of drinking water. As always, consumers should seek advice from their dental providers about their specific fluoride needs.

All water sources, including bottled water, should have appropriate fluoride levels. All fluoride products should be used as recommended by your dentist.



Water should contain between 0.7 and 1.2 parts per million or milligrams per liter of fluoride.

Fort Sam Houston community members have a voice

By Cynthia Rodriguez, Sarah Small, and Russell Matthias
Army Community Services

The Fort Sam Houston community has several methods for providing feedback and surfacing quality of life issues at the garrison level. Customer Management Services is the three-tiered feedback process consisting of Interactive Customer Evaluation, Community FIRST, and the Customer Service Assessment.

CMS collects issues, concerns and comments quarterly from the community during the first month of each quarter and from constituent-pure focus groups. Each issue is reviewed and determined if it is an ICE comment, a Community FIRST issue, or an AFAP issue. ICE allows for individual comment submissions that are quickly resolved by the manager of the appropriate service agency. Community

FIRST is the quarterly issue resolution process that addresses issues affecting the community which may require additional time, resources, or funding. The Customer Service Assessment is an annual survey that all community members are asked to participate in to provide the garrison command with information needed to enhance the services provided to the community members. Another critical

method for surfacing issues is the Army Family Action Plan Conference. Workgroup delegates representing each constituent group meet on an annual basis to discuss and prioritize quality of life issues to forward to mid-level AFAP conferences. The two programs- CMS and AFAP-work together and complement each other. AFAP issues are collected throughout the year. Issues that are gar-

risson specific are addressed and resolved at the local level. Issues prioritized at the AFAP Conference for submission beyond the installation are forwarded to MEDCOM. Unresolved local issues enter the annual installation AFAP conference for consideration. Issues that meet the criteria for submission to a mid-level conference are forwarded to the Region AFAP Manger for submission to the MED-

COM Conference. Submit issues online at www.samhouston.army.mil/cms/Form_ComFirst.asp, via e-mail to samh.cms@conus.army.mil, or write to ACS, 2797 Stanley Road, Fort Sam Houston, TX 78234. Let your voice be heard! Volunteer for the Army Family Action Plan Conference Oct. 21-23. Call 221-2543, samh.cms@conus.army.mil, or 221-2611.

GT SCORES from P1 individual's needs and schedule. It is self-paced and participation is usually between the hours of 8 a.m. to 4:45 p.m. In addition to the FAST program, the FSH Education Center has test preparation guides available, and an extensive computer lab with on-line resources for Soldiers.

"We help Soldiers achieve their goals," said Marva Woods, instructor for the program. Woods has been teaching at the

FSH Education Center for 15 years and takes a personal interest in her students. "She's ruthless," jokes Napier. "She never gives up on you, she will not let you quit. She keeps you focused and taught me some things to help my memory skills." "It's your life," said Woods, adding that suc-

cess equals better job satisfaction and greater opportunity. Although most students finish the FAST program in six weeks, Napier took 10 weeks. His perseverance landed him a spot in the Army's Green to Gold program. He is excited to be able to attend college and is considering both logistics as

well as medicine. He says his dad is very proud. Unfortunately, the FSH Education Center is facing cutbacks, unless more Soldiers take that first step toward achievement.

"At the present time, funding for this program is going to be cut drastically," Bowman, said. "We want soldiers to see the value of this program use it as a tool to improve

themselves. Any Soldier interested in this service should visit the Education Center and speak to a counselor."



Photo by Army Sgt. Nina J. Ramón

Army Maj. Gretchen Ritter (left), a certified registered nurse anesthetist, 7240th Installation Medical Support Unit, and Army Capt. Jeffrey Hinze (right), operating room nurse, 1872nd Medical Detachment, stabilize a mock patient before surgery June 10 during the Global Medical training exercise.



Photo by Army Sgt. Nina J. Ramón

Pfc. Jean Dones and Spc. Roberto Vazquez, both cable installers for the 35th Signal Battalion based in Puerto Rico, receive classroom instruction from 1st Lt. Ryan LeMar about network usage forensics and enduser, and system optimization and security at Fort Hunter Liggett, Calif. June 13.



Photo by Army Sgt. Carina M. Garcia

Spc. Amanda Batterson, 349th Combat Support Hospital, serves Soldiers participating in Global Medic 2009 exercise during dinner at Fort Hunter Liggett June 9.



Photo by Spc. Charlotte Martinez

Army Col. Bryan Kelly (center), Medical Readiness Training Command incoming commander, visits the Global Medic training site at Fort Hunter Liggett, Calif., June 9. Kelly talks with members of both the training and operational teams to ensure the operation runs smoothly. The Medical Readiness Training Command is based at Fort Sam Houston.

(From left) Army 1st Lt. Dasari R. Reddy, 349th Combat Support Hospital, Spc. Chris G. Bernharat, 349th CSH and Spc. Kenya R. Hollis, 144th Medical Care Detachment Health Care Specialist, assist a mock casualty at Fort Hunter Liggett, Calif. June 10. The Soldiers are part of the U.S. Army Reserve Command's Global Medic joint training event, which provides units with the opportunity to execute various medical training tasks in a combat environment.

Photo by Army Sgt. Nina J. Ramón



Global Medic 2009:

extreme training results in over 90 percent survivability on the battlefield

After an intense gunfight, a U.S. Army Soldier lies wounded in the dust. He suffers from a gaping wound to his torso, accompanied by a large exit wound through his back. To make matters worse, his internal organs are exposed.

Two combat medics rush to his aid. Enduring the rigors of elevated stress and limited time under simulated combat conditions, the medics finish their patient's assessment and triage, moving him quickly onto a stretcher then loading him into an emergency vehicle. Through their efforts, the wounded Soldier arrives at a field hospital in time to undergo life-saving surgery.

This was one of the many scenarios used during Global Medic 2009, the U.S. Army Reserve Command's premiere joint training exercise June 10-15. Global Medic replicates all aspects of operations on today's battlefield, allowing the reserve medical community to train as they fight.

Occurring simultaneously at three Army installations, Fort Hunter-Liggett, Calif., Fort McCoy, Wis., and Fort Gordon, Ga. The exercise was coordinated by the 7306th Medical Exercise Support Battalion, Fort Sam Houston.

Today's combat medicine has over a 90 percent survivability rate as a result of this type of training according to Army Maj. Brian Johnson, public affairs offi-

cer for the 7306th. He said an estimated 3,000 military medical personnel ran through the scenarios during the six-day exercise, where Soldiers from ten different reserve medical units worked side-by-side with active duty counterparts from the Marine Corps, Air Force and other units of the Army Reserve.

"Global Medic's main purpose is to provide the tools and resources to allow commanders to evaluate, assess and train their units," said Col. Eric Rodriguez, deputy commander of the Army Reserve Medical Readiness and Training Command.

The 7305th Medical Training Support Battalion provided a key element of the validation process by scrutinizing the units in action.

"We go in and observe what's happening," said 1st Lt. Loretta Villarreal, observer trainer for Global Medic and member of the 6253rd United States Army Hospital. "At any time, we can inject a scenario to facilitate the achievement of a mission."

Army Col. Bryan Kelly, incoming commander of the 7305th MTSB, Fort Sam Houston, visited the Global Medic training site June 9 in Fort Hunter Liggett.

"Global Medic is the premier training that the Army Reserve Command coordinates involving many different components working in a joint venture as would be the case during deployment," he said. Kelly was able to observe Soldiers in action during

a mass casualty exercise, while satellite communications were set-up and doing other mission-essential tasks.

Soldiers of the 349th Combat Support Hospital field kitchen from Bell, Calif. prepared hot meals for the service members participating in the exercise. The team played dual roles as nutrition care specialists, while also generating nutritional therapy plans for "patients" in need of modified diets.

"We developed special diets and monitored patient needs on a case-by-case basis," said Staff Sgt. Lenalda Corley, 349th CSH.

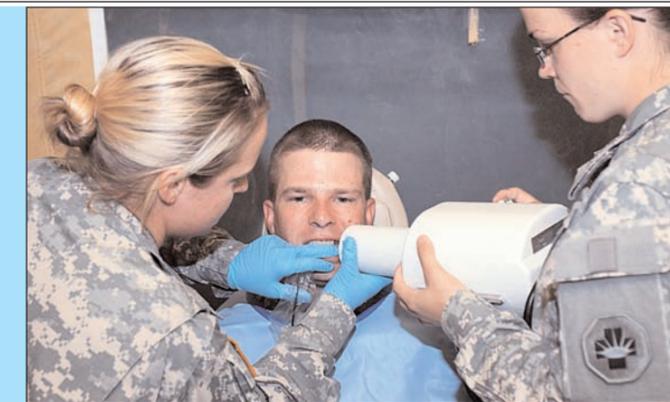
The J6 communication section is a joint team representing both Army and Air Force units, including the 264th Combat Communications Squadron, Peoria, Ill; 228th Combat Support Hospital, San Antonio; 820th Signal Battalion, Mesquite, Texas; and 35th Signal Battalion, Puerto Rico. Lead by



Photo by Tech. Sgt. Hector Garcia

U.S. Army Sgt. David Palmer, a flight medic with the 832nd Medical Company, Air Ambulance Detachment, Georgia Army National Guard, looks on as Spc. Tara Pettus, a medical technician with the 327th U.S. Army Hospital, Fayetteville, N.C., is hoisted up to a UH-60 Black Hawk helicopter during Global Medic 2009 at Fort Gordon.

Army Maj. Pablo Rivera, Medical Readiness Training Command, and Army Master Sgt. Anthony Collins, Southwestern Information Operations Command, J6 networked voice



Spc. Christina Brown of Colorado Springs, Colo., a preventative dental specialist in the 919th and Pfc. Lorraine Conover, a dental assistant in Utica, NY's 865th Combat Support Hospital, x-ray Spc. Ezra Ray, a vehicle mechanic of the 993rd Medical Detachment during Operation Global Medic at Fort Gordon, Ga., June 12.

Photo by Spc. Spencer Case

and computer communications between ground units and the 264th CBCS in a real-time secure environment between the three locations within a 24-hour window.

Meanwhile, Soldiers at Fort Gordon, working under the auspices of Utica, New York's 358th Combat Support Hospital found themselves engaged in a struggle against time and death.

According to this scenario, the unit was in Thailand while Burma invaded, and the 865th CSH supported Soldiers deployed on a humanitarian mission.

Simulated casualty Pvt. Keenyn Rucker, from Coraopolis, Pennsylvania's 339th Combat Support Hospital, sported a realistic-looking laceration on his left hand, complete with oozing blood. Rucker "faints" in the waiting room of the 865th CSH ward and medics rush to secure him on a litter and dress his wound.

"The training is excellent," said Spc. Chrystofer Parent of Fort Worth, Texas. A medic with the 94th CSH, Parent was assigned to the 865th CSH for Global Medic. His responsibilities involved sorting patients according to a three-tiered triage.

"Triage is ensuring the person who needs care the most, gets care first," Parent said.

"I'm very, very happy with how this unit is performing," said Capt. Robert Laskey, assistant officer-in-charge of the emer-

gency room at Fort Gordon. "They're doing a very good job."

Soldiers with the 919th Dental Company from Aurora, Colo., treated both simulated and real patients to prepare for the demands of mobilization.

"I think it's very useful," said Spc. Christina Brown of Colorado Springs, Colo., a preventative dental specialist in the 919th. "Being deployed, I've done a lot of this. Many of our Soldiers have not been deployed, so they get a feel for what it's worth and how it works."

In theater, dental units are expected to work with other medical units and assist with litter-bearing and triage. The 919th teamed with 865th Combat Support Hospital, as patients arrived by foot, by ambulance, or by Black Hawk helicopter.

"It gets you into the flow of operations in military dental services," said Maj. Ricky Harrell, a dentist in the 919th from Brumfield, Colo. "It's a good overview of how things work in the field. It's a great team-building exercise and it's good for our morale."

(Contributors: Spc. Spencer Case, 358th Public Affairs Detachment; Spcs. Christopher Hernandez, Charlotte Martinez and Sgt. Carina Garcia, 345th Public Affairs Detachment; Staff Sgt. Tim Sander and Sgt. Nina Ramon, 345th Mobile Public Affairs Detachment)

Microsoft Office 2007: GPS won't help you navigate

Story by Cheryl Harrison
Army Community Service,
Marketing Specialist

It's Monday morning. You are at your computer and realize something is different. Then it dawns on you . . . Microsoft Office 2007 was installed over the weekend. Most people would think they could figure it out – after all how different can it be from 2003, right?

Wrong. It is quite different. Without help,

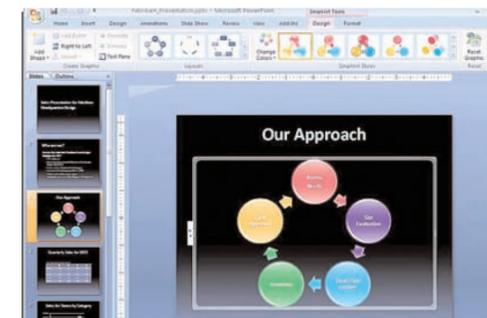
navigating the menus, the formats and the entirely different appearance is impossible. Even the best GPS system won't find home for you.

Army Community Service personnel knew it might be a problem, so began offering classes in Office 2007, and the latest Word, Excel, Access, Publisher and PowerPoint. Instructor, Jennifer Lobo was hired to teach in the new computer lab, which features

24 computers and large smart boards to demonstrate software capabilities.

"It's not hard to navigate, but finding the tools can be a challenge if you are used to Microsoft 2003," Lobos said.

The goal of the Army Community Service computer classes is to accommodate everyone. The free classes are offered to service members, their Families, DoD



Jennifer Lobo, Army Community Service Microsoft Office 2007 instructor uses smart boards, handouts and plenty of interaction to teach the new Microsoft 2007. Classes are offered for Word, Excel, Access, PowerPoint, Publisher and Visio. Early registration is required due to limited seating and the popularity of the classes.

civilians and anyone with an approved I.D. card. Classes fill quickly and prompt arrival time is required so that instruction may begin promptly

at 8 a.m.

Students must have some knowledge of computers or completed level one before attempting level two or three of a

particular program.

Be sure to sign up ahead of time. For more information and to register call 221-2518 or 221-2705.

Street cleaners



Courtesy photo

In coordination with the City of San Antonio's Adopt-A-Spot Program, Better Opportunities for Single Soldiers has officially adopted Walters Street from the main gate to the Interstate Highway 35 access road. The city has provided two signs proclaiming the area the responsibility of BOSS. The 15th of each month from 11:30 a.m. to 1 p.m., with the exception of holidays and weekends, BOSS volunteers will clean up this area. "It is our way of helping to beautify the gateway leading into our beautiful and historic installation. Currently, we have about 11 BOSS volunteers who help in our effort," said Sgt. Edmund Perez, BOSS president. This month, Col. Randall Anderson, commander, 32nd Medical Brigade lent a hand. For more information or to volunteer, call Perez at 221-2810.

ACS event offers free fun for Families

Army Community Service, Family Morale, Welfare and Recreation and Domino's Pizza are combining their efforts to reiterate the Army Family Covenant's commitment to the Army Family and the sacrifices they make everyday. A Family Day will be held July 1 from 10 a.m. to 4 p.m. at ACS, Building 2797, on Stanley Road.

Pizza, soft drinks, snow cones, popcorn and cotton candy are free.

But food isn't the only thing offered throughout the day. Eight huge bouncers will be on site for the kids, as well as puppet shows and pony rides, informational booths and the Silver Stars Fox.

SeaWorld, the San Antonio Spurs, Rampage and Silver Stars will be on hand with information about schedules, games and tickets.

Face painting and caricature drawings will be available from 12 to 2 p.m.

Plan to come out and thank the sponsors who have made it all possible.

The fun doesn't end at 4 p.m. Go home, get a nap and then head to the flagpole for a special free outdoor movie night.

Bring a lawn chair, sit back and enjoy the Family-friendly "Bee Movie," featuring the voices of Jerry Sienfeld and Renee Zellweger.

The show begins at dark.

For more information, call ACS at 221-2418 or 221-2705. (Source: ACS)

Domino's Pizza presents

Fort Sam Houston Family Day

July 1 10 a.m to 4 p.m.

Army Community Service FREE

Domino's pizza, snow cones, popcorn, cotton candy, & HUGE bouncers, beverages, information booths, puppet shows, and pony rides!

Also a special visit by The Silver Stars Fox, all this followed up by a movie night at the flagpole, featuring "Bee Movie!"

For more information call 221-2705.

Logos: ACS, SeaWorld, SPURS, RAMPAGE, STARS, MWR



Announcements

Apprenticeship program

The HIRED! Apprenticeship Program provides 15-18 year olds with meaningful, professionally-managed career-exploration opportunities in Family and Morale, Welfare and Recreation operations, offering paid work experience and training. Call Child, Youth and School Services, at 221-4871.

Fort Sam Houston Golf Club membership drive

The Fort Sam Houston Golf Club will hold an annual membership drive during the month of July. New members joining during the membership drive will receive 12 months of green fees for the price of 11 months. Current members will receive a 1-month credit for new member referrals. All patrons signing up will be required to pay the first 6 months of dues (non-refundable) in advance. For more information, call 222-9386.

Driver's Education class

Child, Youth and School Services School of Knowledge Inspiration Exploration and Skills program will offer Driver's Education July 6-27, for

youth 14-18 years old. Registration is ongoing through July 9. Classes will be held Mon. through Fri. from 8-10 a.m. at Cole High School. The program is open to all valid DoD I.D. card holders. For more information or to register, call Central Registration at 221-4871 or 471-9548.

Youth horsemanship camp

The Fort Sam Houston Equestrian Center will host a camp for children ages 7-17 from 9 a.m. -3 p.m. Camp dates are July 6-10, 13-17, 20-24 and 27-31; and Aug. 3-7. The cost of each session is \$195. Additionally, a \$25 non-refundable deposit is due at the time of registration. Registration is ongoing. To register, call 224-7207.

Aquatic Center open

The Fort Sam Houston Aquatic Center is open daily from noon to 8 p.m. Pools are free and open to all valid I.D. card holders with one guest. Call 221-4887 or 221-1234.

Summer reading program

Children can sign up for the summer reading program during June and July at the Keith A. Campbell Memorial Library, Building 1222. Books can be from any library or personal collection, as long as books are on or above child's reading level. A cloth tote donated by SeaWorld will be given to each reader, while supplies last. Participants will keep track of the hours they read. Prizes will be given with every 10 hours of reading. Readers are eligible to enter the Grand Prize drawing once for every 10 hours of reading completed. Call 221-4702.

Helping Us Grow Securely

The H.U.G.S. playgroup for par-

ents and children ages 5 and under each Tues. from 9-11 a.m. at Dodd Field Chapel, Building 1721, for interactive fun play. Registration not required. Call 221-0349 or 221-2418.

"Broadway Bound"

The Harlequin Dinner Theatre presents "Broadway Bound," a comedy by Neil Simon, Thurs. through Sat. evenings, through July 11. Doors open for cocktails and dinner at 6:15 p.m. Show begins at 8 p.m. For reservations, call 222-9694.

Lunchtime matinee

The Harlequin Dinner Theatre will host a "Legends of Las Vegas," lunchtime matinee, every Sat. from 11 a.m.-1:30 p.m. Matinee is open to the public. Tickets are \$25 for civilians and \$23 for military with valid I.D., student and group rates are available. Doors open at 11 a.m. for general admission seating. Call 222-9694.

"Powerhouse Divas"

The Harlequin Dinner Theatre presents "Powerhouse Divas," a dynamic cabaret-style lounge act. Performances are held Sat. 10:15 p.m.-2 a.m. through Aug. 29. A cover charge of \$3 for military with a valid I.D. card or \$5 for all others applies. A full service cash bar will be available. Patrons must be 21 years old to purchase and consume alcohol. Late night karaoke follows the show. Call 222-9694.

EFMP Support Group

Army Community Service Exception Family Member Program offers a support group Wed. evenings from 6-7:30 p.m. at the School Age Service, Building 1705, Dodd Blvd. Each week the group is facilitated by Mutual Enrichment through Learning and Discovery and is open to Soldiers and military Families with special needs members. Also MELD Special provides childcare and dinner. Registration is required. To register, contact April Nias, EFMP Program Assistant, 221-2604.

Calendar of Events

JUNE 25

Walking tour of downtown San Antonio

The Army Community Service Relocation Program will offer a walking tour of downtown San Antonio June 25 for military I.D. card holders. Meet at ACS, Building 2797, at 8:45 a.m. and enjoy a tour including the Riverwalk, La Villita, Hemisfair Plaza and Market Square. Return to ACS about 12:30 p.m. Call 221-1681, 221-9698 or 221-2418.

Mandatory Initial 1st Termer Financial Readiness

Army Community Service Financial Readiness will offer a Mandatory Initial 1st Termer Financial Readiness class June 25

Upcoming free movie nights

July 1 - "Bee Movie"

8:20 p.m. at the post flagpole

July 17 - "Harry Potter and the Order of the Phoenix"

8:20 p.m. at the post flagpole

July 18 - "Open Season 2"

8:20 p.m. at the field between Youth Services and the Dodd Field Chapel

Moviegoers should bring lawn chairs, blankets and beverages. In case of inclement weather or muddy fields the alternate will be the Army Community Service auditorium, Building 2797, movies begin at 7 p.m. Call 221-2418 or 221-2705.

at 10 a.m. at ACS, Building 2797. Class space is limited. To register, call 221-1612.

Teens and money class

Financial Readiness will offer a class entitled "Teens and Money," June 25 at 1 p.m. The class teaches teens the importance of budgeting,

starting to save early, taking advantage of compound interest and credit education. Class space is limited. To register, call 221-1612.

Festival of Performing Arts

Better Opportunities for Single Soldiers will host "Boulevard of Music Dreams" June 25, 7-8:30 p.m. at the Hacienda Recreation Center. The show features civilian and military vocalists, dancers and musicians performing in a nightclub setting. "Boulevard of Music Dreams" is one of Fort Sam Houston's entries in the 2009 U.S. Army Festival of the Performing Arts. Call 221-4829.

JUNE 26

Microsoft Office 2007 PowerPoint Level 2

Army Community Service's Microsoft instructor will offer a Microsoft Office 2007 PowerPoint Level 2 class June 26 from 8 a.m.-12 p.m. at ACS, Building 2797, in the computer lab. Registration is required. Call 221-2518.

Unit Trauma Training

Mobilization and Deployment will offer Unit Trauma Training June 26 from 9 a.m.-2 p.m. at Army Community Service, Building 2797. To register, call 221-2705 or e-mail samh.acs.mob.deploy@cos.army.mil.

Welcome to the Neighborhood

The Sam Houston Club hosts a "Welcome to the Neighborhood"

See MWR P20

MWR from P19

block party June 26, 4-8 p.m. Children's activities plus free food and beverages will be available. Event is free and open to the FSH community. Door prizes will be given away. Call 224-2721 or 226-1663.

JUNE 27**3-D Archery Shoot Out**

Camp Bullis hosts a 3-D Archery Shoot Out June 27-28. Registration, 8-10 a.m. with a California start. Competitive shoot \$15/day; non-competitive shoot \$10/day. Patrons may participate both days. Call 295-7577.

JUNE 29**FRG Leadership Academy**

Mobilization and Deployment will offer a Family Readiness Group Leadership Academy June 29 and 30 from 8 a.m.-4 p.m. at ACS, Building 2797, 2010 Stanley Road. This training is provided for FRG key positions on roles and responsibilities and the communication network through the chain of command. To register, call 221-2705 or e-mail samh.acs.mob.

deploy@cous.army.mil.

Microsoft Office 2007**Publisher**

Army Community Service's Microsoft instructor will offer a Microsoft Office 2007 Publisher class June 29 from 8 a.m.-12 p.m. at ACS, Building 2797, in the computer lab. Registration is required. Call 221-2518.

Identity theft class

Army Community Service Financial Readiness will offer an identity theft class June 29 at 2 p.m. at ACS, Building 2797. Class space is limited. To register, call 221-1612.

Sibling rivalry

Family Advocacy Program will offer a class on sibling rivalry June 29 from 4-5:30 p.m. at ACS, Building 2797. To register, call 221-0349 or 221-2418.

JUNE 30**Newcomers' Extravaganza**

The mandatory Newcomers' Extravaganza for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam

Houston, held June 30, 9:30-11 a.m. at the Sam Houston Club. The extravaganza is an opportunity to learn about FSH, the San Antonio area and meet representatives from many different organizations, programs and businesses. Call 221-2705 or 221-2418.

Women Encouraging Women

Women Encouraging Women will be held June 30 from 12-1 p.m. at ACS, Building 2797 2010 Stanley Road. The topic will be "Love Languages for Women." Call 221-0349 or 221-2418.

JULY 1**Family Appreciation Day**

Domino's Pizza presents a Family Appreciation Day July 1 from 10 a.m.-4 p.m. inside and around ACS, Building 2797. Bring the entire Family for a full day of Free Domino's pizza, bouncies, snow cones, popcorn, cotton candy, puppet shows, lots of informational booths as well as a visit by the Silver Stars Fox. The fun continues into the evening with the outdoor movie night featuring "Bee Movie!" at the parade field near the flagpole. Call, 221-2418.

Mandatory Initial 1st Termer Financial Readiness

Army Community Service Financial Readiness will offer a Mandatory Initial 1st Termer Financial Readiness class July 1 at 12 p.m. at the Learning Center. To register, call 221-1612.

JULY 3**Red, White and Blue Scramble**

The Fort Sam Houston Golf Club will host a four-person scramble July 3 with a 1 p.m. shotgun start. Cost is \$25 for FSH Golf members and \$40 for all non-members. Open to all DoD I.D. card holders and government contractors. To register, call 222-9386.

JULY 4**Library closure**

The Keith A. Campbell Memorial Library will be closed July 4 in observance of Independence Day. For more information, call 221-4702.

Bowling Center closure

The Fort Sam Houston Bowling Center will be closed July 4, in observance of Independence Day. Call 221-4740.

Welcome to the Neighborhood

Free Event

June 26 4-8 p.m.

Come out and meet your neighbors at the Sam Houston Club!

There will be face painting, bouncers, giveaways, free food, arts & crafts vendors and a cash bar.

For more details call 224-2721.

*Must be 21 years of age to purchase or consume alcohol. www.fortsamhoustonmwr.com

Logos: Spurs, Star, Honor Card, North Park, Bluebonnet, Military Benefit Representatives, LLC, SeaWorld, MWR, Ramo, Nike, and others.

Community

Announcements

Fort Sam Houston Night at the Missions

The San Antonio Missions Baseball will host a Fort Sam Houston Night every Saturday home game during the season. Tickets are \$6 and include a reserved seat in the Fort Sam Houston section. Tickets may be purchased through the Morale Welfare and Recreation Ticket Office located in the Sam Houston Club, Building 1395, Chaffee Road. Call 226-1663.

Daily Bread Ministries

Daily Bread Ministries is looking for volunteers to distribute food and other goods to those in need and volunteer mechanics, electricians and drivers. Call 223-4707 or visit www.dailybreadministries.org.

Sergeant Audie Murphy Club

Hosts a study group for the

boards Tues. and Thurs., noon to 1 p.m., Building 1394, Room 215. Call 221-4028.

Education Center offers tutoring

The Education Center will now offer tutoring in the subjects of Freshman English Composition and College Algebra to individuals or groups based on space availability. Call the Education Center at 221-1738.

Calendar of Events

JUNE 25**Fort Sam Houston Fire Explorer Post 1876**

Fort Sam Houston Fire Explorer Post 1876 will hold its first meeting June 25 at 6:30 p.m. at the FSH fire station, Building 3830, for youth who have completed the eighth grade and young adults under 21 interested in a career in fire and emergency

services. For information, e-mail exploreradvisor1876@gmail.com.

JUNE 29 My Health Matters Leader Training

The Texas Department of Aging and Disability Services and the AACOG Bexar Agency on Aging in partnership with Catholic Charities and the Texas Diabetes Institute will host a free My Health Matters Leader Training June 29-30 and July 7-8, 8:30 a.m. to 5 p.m. at the Texas Diabetes Institute, Room 1019. Call 362-5220.

JULY 3**4th of July Rag Ball Bash**

A Family co-ed rag ball all-night tournament will be held July 3 starting at 7 p.m. at Rambler Field, Randolph Air Force Base. Cost is \$15 per player. Players must be 11 years or older, teams should be 14 to 15 players. Call 844-1279 or 269-5946.

JULY 4 Star Spangled Festival

Lackland Air Force Base will host a Star Spangled Festival, July 4 from 2-10 p.m. on their Amphitheater

grounds. Festivities include a children's carnival, free concerts, food and beverage booths, paint ball, arts and crafts, a live broadcast from Radio Disney and a Fireworks Extravaganza. The event is free and open to the public. Call 671-3920.

JULY 11**Biggest Loser open castingcall**

NBC show, the Biggest Loser will hold an open casting call for family member teams of two, July 11, 10 a.m.-6 p.m. at the Nix Downtown, 414 Navarro St.

JULY 23**Home Buyers, Sellers Seminar**

A Home Buyers/Sellers seminar will be held July 23, 1-3:30 p.m. at Army Community Service, Building 2797, Stanley Road. Guest speakers will be members of the San Antonio Board of Realtors and the Texas Veteran Land Board. This event is co-sponsored by the Fort Sam Houston Housing Services Office and the Randolph Air Force Base Housing Referral Office. Call Fort Sam Houston HSO, 221-8539 or 295-8519; or Randolph HRO, 652-3209 or 652-1840.

REMINDER CALENDAR

- June 25** Consolidated Retirement Ceremony
- June 30** Fort Sam Houston Newcomers Extravaganza
- June 30** 187th Medical Battalion change of command, 9 a.m., MacArthur Parade Field
- July 1** Family Appreciation Celebration, 1-6 p.m., Army Community Service
- July 2** U.S. Army Garrison change of responsibility ceremony, 9 a.m., post flagpole
- July 3** Holiday - 4th of July
- July 3** Warriors Monthly Scramble Golf Tournament, 1:30 p.m., FSH Golf Club, entry fee \$25
- July 4** Independence Day Celebration – Salute to the Union
- July 4-6** Freedom Fest, Market Square, Downtown San Antonio
- July 5** Triathlon #3, 6:30 a.m., FSH Aquatic Center
- July 6** Training Holiday
- July 7** 5501st U.S. Army Hospital change of command, 9 a.m., MacArthur Parade Field
- July 8** Community Information Forum
- July 8** USAMITC change of command ceremony 9 a.m., Blesse Auditorium
- July 9** SAEDA/OPSEC Training, Evans Theater

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday - June 26

Lunch – 11 a.m. to 1 p.m.

Roast beef, chicken fried steak, fajitas, Szechwan chicken, macaroni and cheese, Spanish rice, carrots, zucchini
Dinner – 5 to 7 p.m.
 Southern fried catfish, veal parmesan, roast pork, cheese tortellini, O'Brien potatoes, brown rice, mixed vegetables, Brussels sprouts, baked potatoes

Saturday - June 27

Lunch – noon to 1:30 p.m.

Chili macaroni, beef cordon bleu, baked fish, broccoli, cheese and rice, mashed potatoes, brown rice, vegetable stir-fry, stewed tomatoes
Dinner – 5 to 6:30 p.m.

Grilled pork chop, chicken fajitas, spinach tortellini, barbecue beef cubes, Spanish rice, parley buttered potatoes, corn on the cob, asparagus, yellow rice, mashed potatoes

Sunday - June 28

Lunch – noon to 1:30 p.m.

Savory baked chicken, pork chop suey, ginger pot roast, mashed potatoes, vegetable fried rice, Brussels sprouts, seasoned cauliflower

Dinner – 5 to 6:30 p.m.

Beef enchiladas, baked ham, sukiyaki, cheese enchiladas, brown rice, corn, spinach, tamale pie

Monday - June 29

Lunch – 11 a.m. to 1 p.m.

Chicken parmesan, baked chicken, spaghetti with marinara, pork schnitzel, roast beef, parsley potatoes, noodles Jefferson, baked potatoes, broccoli combo, corn

Dinner – 5 to 7 p.m.

Rice frittata, steak ranchero, sweet and sour pork, baked sweet Italian sausage, baked chicken breast, steamed rice, potatoes au gratin, wax beans, sliced carrots, collard greens

Tuesday - June 30

Lunch – 11 a.m. to 1 p.m.

Pepper steak, breaded pork chop, beef enchiladas, fish amandine, Mexican rice, baked potatoes, baked macaroni and cheese, mashed potatoes, asparagus, sliced carrots
Dinner – 5 to 7 p.m.

Polish sausage, Mexican chicken, herbed Cornish hens, braised beef and noodles, steamed rice, potato frittata, egg noodles, Spanish rice, seasoned broccoli, cauliflower combo

Wednesday – July 1

Lunch – 11 a.m. to 1 p.m.

Baked stuffed fish, herb Cornish hens, cheese ravioli, jaegerschnitzel, meat loaf, lyonnaise potatoes, hot German potato salad, steamed wild rice, seasoned lima beans, steamed carrots, seasoned turnip greens

Dinner – 5 to 7 p.m.

Mushroom quiche, grilled polish sausages, salmon croquettes, baked chicken, parsley buttered potatoes, hopping John rice, baked potatoes, green peas and onions, steamed fresh squash, seasoned sauerkraut

Thursday - July 2

Lunch – 11 a.m. to 1 p.m.

Sweet and sour pork, yakisoba, chinese 5-spice chicken, grilled salmon cakes, breaded veal steaks, rice frittata, oven brown potatoes, baked potatoes, fried rice, vegetable stir-fry, cauliflower polonnaise, steamed green beans

Dinner – 5 to 7 p.m.

Beef and broccoli, lemon baked fish, country fried steak, cheese manicotti, mashed potatoes, steamed rice, baked potatoes, seasoned lima beans, fried cabbage, stewed tomato and okra

Menus subject to change without notice

W O R S H I P SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays
 5:30 p.m. - Mass - Saturdays
 9:30 a.m. - Mass - Sundays
 11:30 a.m. - Mass - weekdays

Protestant Services - Sundays:

8 a.m. - Collective Protestant
 11 a.m. - Collective Protestant

Jewish Services: 379-8666 or 493-6660

8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays
 12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays
 9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided

6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided

Samoan Protestant Service: 8:30 a.m. - Sundays

Brooke Army Medical Center

Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

Protestant Services:

10 a.m. - Worship Service - Sundays

Episcopal/Lutheran Rite services:

12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays

6 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services

Catholic Mass: 8 a.m. - Sundays

Contemporary Protestant Service: 9:30 a.m. - Sundays

Muslim Jumma: 1:30 p.m. - Fridays

Fort Sam Houston Library,

Building 1222, 221-4702

Church of Jesus Christ of Latter Day Saints:

8:30 a.m. - Sundays

Installation Chaplain's Office,

Building 2530, 295-2096

Contemporary Protestant: 11:01 a.m. - Sundays

Web site: www.samhouston.army.mil/chaplain

News Leader survey online

Visit <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-2030.

For Sale Fort Freebies

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate and employment ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies run for one week unless the submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

For Sale: 2001 Yamaha V Star 1100 Custom motorcycle, 33K miles, garage kept, excellent condition, Cobra pipes, bags, windshield, light bar, mucho chrome, 45 mpg, maintenance records, \$6,000. Call 860-9217.

For Sale: Coleman 48-quart cooler, \$12; Rubbermaid 48-quart cooler, \$20; GE non-frost refrigerator, 20.6 cubic feet, \$250. Call 216-4027 or 907-440-1141.

For Sale: Stacking washer/dryer unit, good condition, \$275. Call 475-9973.

For Sale: Sofa, 4 years old, paid \$1,800, \$100 obo. Redecorated and now need to sell. Will include a recliner free with purchase of sofa, must be able to pick up at Fort Sam Houston. Call 909-5878 between 10 a.m. and 8 p.m.

For Sale: Left-handed set of golf clubs, 1-3-5 woods, 3-9PW irons, graphite shafts, bag and putter, \$150; hybrid 2-3-5 woods, like new, \$150; two meter Ham transceiver, all brand with power supply, \$200. Call 227-6590 or 414-8265.

For Sale: Dorm-size refrigerator, \$40; small microwave, \$20; heavy-duty lawn cart, \$25; wood counter

table with two stools, 42 inches wide, \$65; solid wood buffet cabinet, two drawers, three doors, 44 inches wide, \$75. Call 475-9973.

For Sale: Four-drawer dresser, \$35; washing machine, \$100; rotating floor fan, 4 feet tall, \$30; entertainment center with book shelf and cabinet; 4 feet by 8 feet, light wood, \$85; office chair, black, \$20. Call 241-1291.

For Sale: Large dark green living room chair with matching ottoman from Ashley Furniture, 2 years old, excellent condition, \$120 for both; Kodak Easy Share digital camera, in the box, with Easy Share printer also in the box, both for \$100. E-mail bdvorak@satx.rr.com.

For Sale: Girl's 20 inch bike, \$20; heavy-duty two-person raft, \$50; large floor dehumidifier, \$15; huge potted plants and shrubs, \$20. Call 595-8789.

For Sale: Browning automatic rifle, 7mm mag, scope, sling and hard case, near mint condition, \$850. Call 833-8581.

Free to a good home: Kittens, spayed/neutered, all vaccinations, wormed, micro-chipped, trained. Call 670-9167.